

AUTUMN 2018

STAY WELL
THIS WINTER

www.nidirect.gov.uk/stay-well

EASTSIDE SURGERY

STAFF TRAINING CLOSURES: 18th Oct & 12th Dec (from 1 pm)

FLU CLINICS

Wed 10th October 2pm–5 pm

This clinic is for children born between 2/9/14–1/9/16 and for patients aged 75yrs and over.

Wed 24th October 2pm–5 pm

ALL “at risk” patients including patients over 65yrs are invited to this clinic.

You can also get your Flu vaccination from the Nurse or HCA Mon–Fri - 9am–11am

PROTECTING YOUR CHILD AGAINST FLU

The annual vaccination programme includes all children aged 2–11 yrs. A nasal vaccine (Fluenz) will be offered.

- All pre school children born between 2/7/14 and 1/9/2016 will be offered the vaccine at the surgery .
- All primary school children will receive their vaccination at school.

Phoning to speak to a Doctor

If you need to speak to a doctor, please phone the surgery

Before 11AM

Phoning to speak to a Nurse

Test results will be given by the nursing team. If you need to speak to a nurse, your name and details will be added to the nurse telephone list, the nurse or HCA will phone you back

after 11.30 am

2018

**IT'S FLU
SEASON!**

**GET
IMMUNIZED**



FLU VACCINATIONS 2018

The flu vaccination programme will begin on **1st October 2018** or when vaccines are delivered to the Surgery. All patients over 65years and “at risk” patients (including pregnant women at any stage of pregnancy) should be vaccinated against flu. It is important that you get your flu vaccination in October or November to be ready to fight off infection.

6mts - under 18yrs Nasal (Fluenz)
18yrs - 64yrs Intramuscular (QIV)
65yrs + intramuscular (aTIV)

Whooping cough vaccination

The best time to be vaccinated to protect your baby is from 16weeks of your pregnancy .

PLEASE REMEMBER

Your prescription will be ready in

48 working hours

You do not need to phone to check.

Shingles vaccination

From October 2018 .The shingles vaccine will be offered to everyone who is 70yrs on 1/9/2018 (routine) and everyone who is 78yrs on 1/9/2018 (catchup).

Those now aged 71-75 or 79 and who have NOT receive the vaccine remain eligible.

Those aged 80yrs who had been eligible during 17/18 are **NO LONGER** eligible. This is because the vaccine is less effective in people aged 80yrs or more.

Pregabalin

Over the next number of months we will be reviewing all patients within the practice who are taking a drug call Pregabalin. It is used for the treatment of epilepsy, nerve (neuropathic) pain and for a type of anxiety called Generalised Anxiety Order (GAD) Unfortunately this drug has the potential to lead to abuse/misuse and dependence.

Living with chronic pain

The next series of pain management workshops for patients living with chronic pain will commence in September 2018. The 6 week "living well with pain" workshop and the two week "Challenging pain" workshop are designed to help patients understand more about chronic pain, providing coping strategies to manage the impact of pain on their daily lives. The workshops are run by Arthritis Care NI.

Patient leaflets are available in reception .

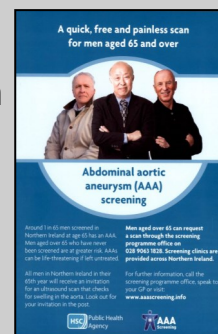


USEFUL TELEPHONE NUMBERS

The Arches Centre	90563303
Ulster Hospital	90484511
Belfast City Hospital	90329241
Royal Victoria Hospital	90240503
Musgrave Park	90902000
Mater Hospital	90902000
Ulster Ind Clinic	90741211
Out of Hours	90796220
Reception	90451000
Repeat Prescription Line	90451212
Emergency lunchtime number	0743 5760079

Abdominal Aortic Aneurysm (AAA) screening

We have been informed by the Health Board that the uptake for men in the practice aged over 65yrs attending AAA screening is very low. Around 1 in 65 men screened in Northern Ireland at aged 65 has an AAA. Men over 65 who have never been screened are at greater risk. AAA can be life threatening if left untreated. Many of our patients have not turned up for their AAA scan when invited.



All men in Northern Ireland in their 65th year will receive an invitation for an ultrasound scan that checks for swelling in the aorta. Look out for your invitation in the post.

Men over 65 can also request a scan through the screening programme office on 02890631828.

Ladies speak to your male relatives and friends who are 65 yrs + about this important screening.